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the classmate

NAVAL POSTGRADUATE SCHOOL OFFICER STUDENTS' WIVES' CLUB MAGAZINE
VOLUME 23, NO. 9

NOV. 1982

in this issue

focus:

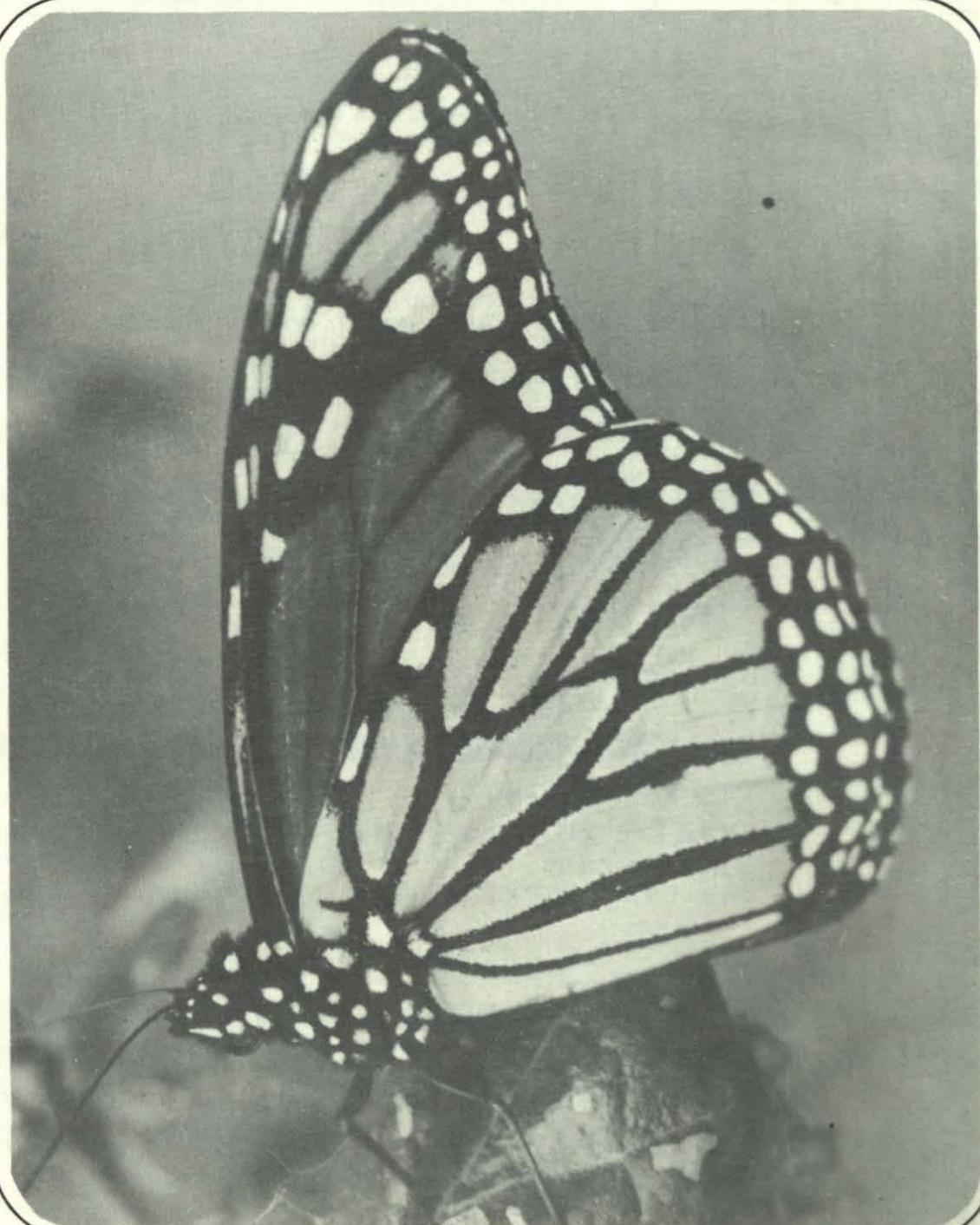
people who
help people

highlights:

an open letter
of thanks

bazaar
announced

birthday ball
remembered



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the classmate

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The monthly deadline for ALL copy to the Editor, SMC 2330, is the 1st of the month prior to the month of publication (November 1st to get into the December issue). The deadline for advertising copy is the 5th of the month prior to the month of publication.

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On the Cover:

Among the things for which we on the Monterey Peninsula can give thanks is the opportunity to see thousands of the beautiful, migratin Monarch butterflies as they return to Pacific Grove each autumn. —Monterey Peninsula Herald file photo

from the editor's desk



by Janet M. Machak

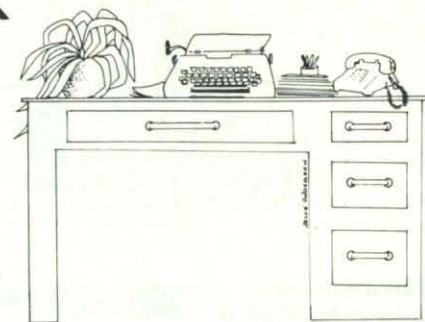
Having grown up in Ohio, November, for me, always brings visions of trees with leaves turned apple yellow and sunset red, frosted windowpanes, and cheeks turned rosy by crisp autumn air. It also brings memories of family Thanksgiving feasts: the table set with Mom's best china, laden with the traditional turkey-n-dressing, waldorf salad, homemade rolls just out of the oven, and pumpkin pie.

Thanksgiving. It marks the beginning of the holiday season, and appropriately so. After all, it is a day for giving thanks—for

family, friends, food, health, happiness, or whatever is special to each of us. Traditionally, it is also a time for acknowledging that we need other people. The pilgrims were not just sharing their bounty with the Indians; they were saying, "Thank you for helping us to survive."

Hence, with Thanksgiving 1982 rapidly approaching, it seems fitting that **CLASSMATE** give thanks to all those PEOPLE WHO HELP PEOPLE by featuring a few of them in our FOCUS section this month. Our writers have prepared a potpourri of articles about people who help others, some through established organizations and others through individual efforts. I hope these offerings will encourage our readers to notice still other people and organizations who serve, and perhaps stimulate more interest in volunteerism.

Indeed, as a side note to this FOCUS, I must give a little pitch for volunteerism, which I sometimes fear is falling prey to economic hard times and misconcep-



tions. There are six specific myths I hope these articles will help to dispel:

- 1) Only unskilled/uneducated people volunteer.
- 2) Only women volunteer.
- 3) Volunteers do only menial tasks.
- 4) Money is the only worthy reward for work.
- 5) Nobody needs volunteers anymore.
- 6) There is nothing "I" can do to help others.

Being a staff of volunteer writers, proofreaders and editors, we at **CLASSMATE** are understandably partial to volunteers, but we do not mean to overlook, in our thanksgiving, those who earn their daily wages for helping others. Each of the organizations we have featured depends heavily on both paid and unpaid workers. Further, we want to acknowledge everyone—the clerks behind information desks; the researchers looking for ways to save lives; the legislators seeking to improve our quality of life; and most of all, the people who are "just" good neighbors.

We hope you enjoy reading about the people and organizations we have featured this month, as well as our regular columns and news.

HAPPY THANKSGIVING! □



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O.S.W.C. NEWS

Life Among the Bruins (President's Message)

by Cindy Whittle

Last month when the Welcome Aboard issue of **Classmate** came out I could hardly wait for my husband to come home so he could see my very first President's message. As he came through the door and our two sons tackled his legs, I waved the issue in his face. As Jason and Blake scaled his legs and attempted to sit on his head he snatched the **Classmate** from my hand and furiously paged through. A warm glow spread through my body as I remembered complaints from other wives that their husbands weren't interested in their activities. I stood there smugly thinking that I had managed to marry the one perfect husband in La Mesa and watched as he eagerly read the article. He finished reading and I humbly waited for his comments.

"She's moving," he mumbled inconsolably, and wandered down the hallway, still attached to our two intrepid mountain climbers. My mind raced as I tried to remember what I had written about someone leaving that could have affected him so profoundly.

"Who? What are you talking about?"

"Janis Miller is moving. She won't be writing Life Among the Bruins anymore." So much for my warm glow and perfect husband! Like most of the readers of **Classmate** he had turned right to Janis's column. At that point, I decided that **someone** had to do **something**, and *Life Among the Bruins* was born!

As the only female member of our family (even the dog is "one of them") I sometimes become despondent and

dream of finding a Barbie doll illicitly meeting with Ken in the toy box or a ruffled canopy bed instead of "Old West" bunks! Hopefully the NPS and La Mesa tour of homes on November 16th will give me a chance to see homes where Tonka trucks and Zoids aren't creating an obstacle course that would baffle even the Marines! (After plunging unsuspectingly into a hole in our back yard last week I have volunteered our yard to Fort Ord to use in their tour of combat areas.) As any mother of boys soon discovers, little hands can dig deeper holes than any land mine ever has!

As December approaches even my ruthless raiders of the cookie jar turn into angels as visions of yet more Tonkas, Zoids and Star Wars accessories are seen on Channel 7. Santa will be in La Mesa to check his naughty or nice list from November 29 to December 2, during Santa visits, and at the Children's Holiday party on December 12. Mommies (and non-Mom's) can get away from the hassles of Christmas shopping and spend a relaxing morning with OSWC and staff wives as we decorate the quarterdeck on December 8 and listen to the MPC choir's Christmas program on December 9th. Details on all of these activities will be in the Pink Flyer.



I guess that I never will overcome my urge to sign up for a smocking class or buy the latest style in hair barrettes but *Life Among the Bruins* does have its advantages . . . at least without any Barbie dolls around I don't have to worry about how to answer when the inevitable question is asked: "Mommy, why doesn't your body look like Barbie's?" □

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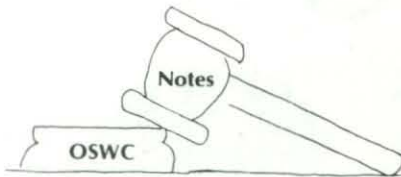
ADDRESS _____ PHONE _____ HUSBAND'S NAME _____

RANK/SERVICE _____ CURRICULUM _____ GRAD. DATE _____

Interested in committee work? _____ Club administration? _____

Do you wish to have your name, address, phone, husband's name & service included in the OSWC Membership Director?
yes _____ no _____

Governing Board



by Tina Molloy

The October Governing Board Meeting was held on October 4, 1982, in the Tower Room at Herrmann Hall.

Beginning November 1, 1982, the Recreation Department will be charging a fee to use the NPGS gymnasium facilities. The fee will be \$24.00 per family, per year, or a \$1.00 per use charge. Yearly/Semi-yearly, and pro-rated passes can be obtained at the Recreation Office in Herrmann Hall.

The NPGS Nursery has a new look! There is new sand for the toddler's playground and new playground toys should be arriving shortly. The nursery has purchased some new equipment such as playpens, walkers, and mats for the children to rest on. Take a look around the interior, it should be decorated a little differently also. If you have any questions or comments pertaining to the Child Care Center, please contact a member of the Parent Auxiliary to the Child Care Center. A big "Thank You" goes out to the Auxiliary for their time and effort in bringing about these changes.

The Crafts Bazaar will be held on November 20, 1982. There will be a variety of handmade items for sale, along with OSWC's bake sale. Watch for posters and flyers for further information about the Bazaar.

The annual OSWC Children's Christmas party will be held on Sunday, December 12. The children will be able to enjoy movies, singing, and goodies to eat, and Santa will be available for the children to visit. Mark December 12 on your calendar and watch for further information.

The Santa Visits Committee is busy making plans for their annual activities. The committee is still in need of volunteer Santas and drivers.

Residents of La Mesa should take precautions concerning security within their neighborhoods. They should try to discourage theft by putting the bicycles and toys away, locking their cars and houses, and questioning strangers before admitting them into their homes.

The next Governing Board Meeting will be held on December 6 at 8:00 p.m. Everyone is welcome to attend. □



Fluoride Festival

The NPS Annual Fluoride Festival will be held at the NPS Dental Facility, Third Deck Herrmann Hall, on Friday, the 11th of February, 1983. This service is free and is for dependents between the ages of 5 and 18 years only. It is not necessary to be a member of the OSWC to participate.

Appointments are necessary and can be

made by calling the Dental Clinic at 646-2478 on February 1, 2, and 3 only.

Volunteers are needed to make the day a success! If you can spare three hours in the morning or afternoon, or if you are free to take reservations on the days mentioned above, please call Donna Shimko, 646-0999, SMC 2133. □

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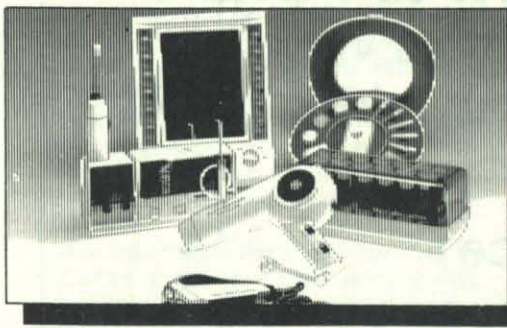
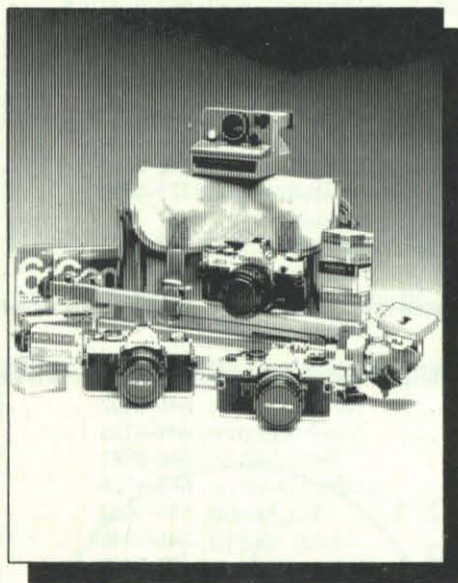
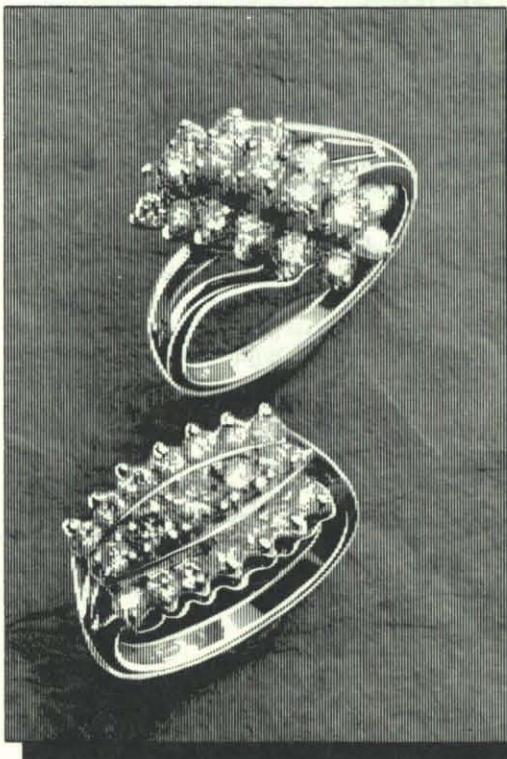
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2869)
Crochet - Christine Tritchler (649-5131)
Dance Exercise - Terri Humphrey (649-4073)
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Ice Skating - Wendy Loew (646-8494)
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International Cooking - Valorie Koogle (649-3147)
Investment Planning - David Allard (373-3071)
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Needlepoint - Sally Dewy (624-2250)
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Piano & B flat Clarinet - Jan Myers (372-2409)
Piano Instruction - Diane Haines (375-2660)
Prepared Childbirth - Christine Bobowiec (649-0459)
Quilting - Robin Pugh (624-3368)
Santa Dolls - Shirley Conroy (646-8654)
Slimnastics/Dancercise - Nanci Kleinholz (646-0952)
Stained Glass - Gerrie Groenert (625-6019)
Tennis Instruction - Jane Porter (649-0530)
Violin & Viola Lessons - Mildred Kline (624-9541)
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Elementary Reading, Spelling & Math - Patty Fuqua (649-5690)
All Elementary & most Jr. & Sr. High subjects - Kathy Lombart (384-5304)
Chemistry - Kathye Geary (646-1309)

Traditional Heirloom Quilting & Trapunto - Emily Thompson (375-2097). Projects include cathedral window, dresden plate, folded star, double wedding ring, interlocked squares, applique, star of Bethlehem, etc. Seven 2 hr. lessons. Members \$30, Non-members \$35.

Ukrainian Easter Eggs - Emily Thompson (375-2097). Learn the art of decorating eggs - Ukrainian "Pysanky" - with fresh eggs, beeswax & dye. These are not painted eggs. They are exchanged as tokens of friendship & love and used as decorations for years. A unique and fun class. Two 3 hr. classes. Members \$15, Non-members \$20.

Activities	Jan Hughes, 646-9465
Adobe Tour	Juliann McPadden, 649-3690
Classmate	Janet Machak, 646-1340
Assoc. Editor	Elaine Powell, 649-5332
Community Bene./	Linda Herret, 372-2821
Allocations	
Distribution	Chris Tritchler, 649-5131
Fluoride Festival	Donna Shimko, 646-0999
Health Care	Eunis Benecke, 372-4756
International	Susan Sentmen, 646-8354
International	Helen Hammond, 373-5303
Rep.	
Membership	Melinda Bramlett, 372-7391
Military Ball	Kathye Geary, 646-1309
Navy Relief	Nancy Doernhoefer, 373-8260
Nominations &	Jenny Inskeep, 372-4272
Elections	
Pink Flyer	Kari Blocher, 649-3974
Publicity	Pat Whitworth, 646-8402
Red Cross	Sue Youngren, 649-4126
Ways and Means	Beth Milton, 646-8341
	Sandra Galatioto, 649-4138
Christmas Crafts	Sue Porritt, 646-9082
	Lesley Quigly, 646-1946
Welcome Aboard	Lyn Finnerty, 372-5460
Child Care Center	Carole Morrell, 646-8785
	Cindy Pritchard, 372-3919

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Toys Needed



The Child Care Center at the NPGS is in need of sandbox toys and riding toys for the recently completed outdoor play area for the younger children (2 years and under). A portable screen or room divider is also needed to give the workers an area with a little privacy while they are on break. If you can help out with any of the above items, call the Child Care Center at 646-2734 or Linda Connelly at 646-0418. □

Annual Bazaar



The annual Christmas and Crafts Bazaar, sponsored by the Officers Student Wives' Club, will be held on November 20th, from 10:00 a.m. until 3:00 p.m. in the Barbara McNitt Ballroom of the Naval Postgraduate School.

This year, a fabulous array of handmade items, ranging from one-of-a-kind Christmas ornaments and quilted wreaths to tennis skirts and wooden pull toys, will be sold.

The artists from the Eagles Eye Gallery will offer a variety of their work in oils, watercolor, acrylics, silkscreen, sumi-e painting and sculpture.

Last, but not least, the wives club will offer a table of baked goods, featuring a wonderful sampling of the holidays' finest.

So, mark the date on your calendar and plan on joining the fun. See you there! □



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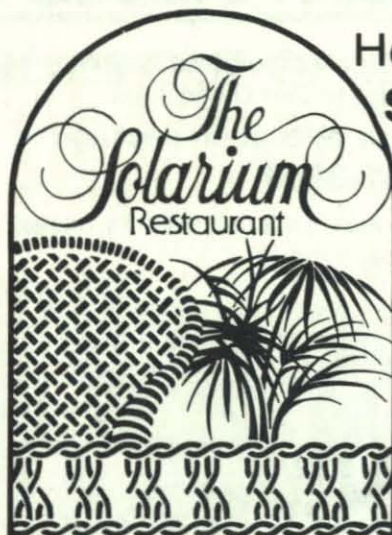
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California Center for Child Passenger Safety

If you heard that a neighbor let a five-year-old walk around the roof ledge of a three-story building, what would you think? If you were told that most American parents do not care about protecting the condition of their children's brains, would you believe it? If you learned that there was a form of immunization for the most deadly disease striking children which prevented 85% of the deaths and that only 7% of children were given it, would you wonder at the concern parents have for their children?

Probably, in the first instance, you would think the neighbor mad or neglectful; in the second and third instances, that the reports must be inaccurate. However, if you were asked how often you have seen children unrestrained by safety belts and/or child restraint devices while riding in a motor vehicle, you would have to report that it is a most typical sight.

The force of a car crash or sudden stop at 30 mph puts the same force on a child as a fall from a three-story building. Most people forget that children, whose heads are larger in relation to their bodies than

are adults' heads, lead with those precious brains when they are flung around the car or even more deadly, ejected from it to collide with the road, trees, or another vehicle. Seventy percent of children's injuries in motor vehicles involve the head; a major cause of epilepsy in this country is an injury in a car, often a car which is undamaged but only stops short. Deaths and injuries while riding in a motor vehicle are the number one "childhood disease"; yet a study in the State of Washington shows that use of a safety belt or child restraint device can reduce deaths 85% and injuries 66% among children under 15. But observations have shown that only 7% of children are restrained in any way while riding in motor vehicles.

In California, nearly 150 children died and almost 20,000 were injured last year in motor vehicle accidents; countless more were hurt in non-accidents.

Mother's arms are great EXCEPT to hold an infant in a car. Most people do not understand that, in a sudden stop, the forces are greatly increased. That 10 lb.

infant suddenly has the force of 300 lbs. in a crash at 30 mph; the 120 lb. mother, 3600 lbs. as she crushes her infant into the dashboard. So it is very important that each driver and rider in a motor vehicle be secured by the proper restraint that CAN withstand that load and distribute the forces on the safest part of the body.

The Los Angeles Area Child Passenger Safety Association is eager to coordinate efforts to get the message to the public. We want to see EVERY RIDE, A SAFE RIDE. From prenatal trips in which the mother-to-be uses the shoulder/lap belt, to the infant's ride home from the maternity center in a safe infant car carrier (NOT a car bed nor flimsy infant seat), on to the toddler's special crash-tested car seat until 40-50 lbs. when the lap belt, preferably in the rear seat, is used until the youngster is tall enough to use the shoulder/lap belt. With this background, the chances are increased that the teenage driver/passenger will be more used to habits of safety.

FOR MORE INFORMATION CONTACT: California Center for Child Passenger Safety, 924 Westwood Blvd., Suite 520, Los Angeles, California 90024; 213-206-8109.

This material has been reprinted from the Los Angeles Area Child Passenger Safety Assoc.

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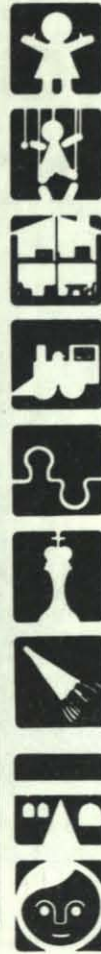



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Car Seat Loaner Program



The Monterey County Health Department has established a car seat loaner program for the residents of Monterey County who otherwise cannot obtain them.

Parents can borrow an infant car seat for use until their child is 10 months old or 20 pounds. Toddler seats are also available.

There is an initial deposit of \$10.00. When the car seat is returned in good condition, \$7.00 will be refunded to the borrower. The remaining \$3.00 will be kept as a cleaning service fee.

Parents who cannot afford or who otherwise cannot obtain a car seat or have questions regarding child passenger safety can contact the prenatal office at 757-1061 (extension 203) for more information.

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naval postgraduate school news

An Evening Remembered

by Kathy Geary

The grandeur of the Barbara McNitt Ballroom provided the setting for this year's Military Officers' Ball. Approximately 400 formally-clad guests were in attendance to help celebrate the Navy's 207th birthday, and to honor those who serve in our country's Armed Forces.

After a brief cocktail hour, festivities commenced in typical nautical fashion, with all the ceremonial splendor and military tradition associated with such an occasion. Opening ceremonies began with the "piping aboard" of the Superintendent of the School, Rear Admiral John J. Ekelund. Admiral and Mrs. Ekelund were escorted into the Ballroom by Lt.



Greenery and candle light added to the splendor of the Barbara McNitt Ballroom where guests in formal attire celebrated the Navy's 207th Birthday.— photo courtesy of NPS Public Affairs Office

COMMISSIONED OFFICERS AND FACULTY CLUB

The Naval Postgraduate School Officers' and Faculty Club is among the finest in the Navy. Its services are provided to all active duty officers of the Armed Forces, faculty members and other specific groups. BankAmericard and Mastercharge are accepted for package store, evening food services and El Prado bar.

Continental Breakfast — 0739-1030, El Rancho; Luncheon — 1100-1315, El Rancho (Cafeteria); Evening Dining — 1830-2130, El Prado (Friday and Saturday). TGIF on Friday nights 2100-0100. Music Friday and Saturday nights 2100-0100.

Attractive rooms at the Club are available for private parties, and the Club will provide prepared menu selections for home parties. For details call 372-1339.

Remember to make reservations early and do let the Club know if you must cancel them.

GUARANTEE ON PARTY RESERVATIONS

Private parties in our dining rooms for which reservations have been made for 20 or more persons, must sign a contract (at least 24 hours prior to the event) guaranteeing 95% attendance.



The beautiful sunken garden with pool, colorful flowers and well groomed plants sets the scene at Herrmann Hall at the entrance to the Commissioned Officers' and Faculty Club.

NPS PACKAGE STORE — 373-7511

— is located adjacent to the Post Office, near parking lot "E" at the rear of Herrmann Hall. Beer, liquor, wine, mixers, cocktail snacks and bar accessories are available.

Monday-Saturday 1000-1700
Open Friday evening until 8 p.m.



Admiral & Mrs. Ekelund join others dancing to the music of the U.S. Navy Band, "Port and Starboard." — photo courtesy of NPS Public Affairs Office

and Mrs. John W. Geary; Mrs. Geary served as this year's Ball chairman. Other distinguished guests included: Major General James E. Moore, Jr., Commanding General, 7th Infantry Division & Ft. Ord, and Mrs. Moore; Rear Admiral and Mrs. E.J. O'Donnell; and, Dr. David A. Schrady, Academic Dean, and Mrs. Schrady. Following the presentation of the colors, a champagne toast was made by the Admiral, and the birthday cake was cut. In keeping with the pageantry of the evening, and to the accompaniment of bagpipes and drums, the beef was paraded through the ballroom before being carved, tasted, and declared "fit for human consumption" by the evening's Master of Ceremonies, Lt. David Birdwell. The delicious dinner consisted of: Caesar salad, prime rib of beef, cavalier potatoes, buttered carrots, rolls, wine, birthday cake, and coffee. Table centerpieces were hurricane lamps encasing votive candles, decorated with red silk roses, white daisies, baby's breath, and red ribbon. This year's complimentary favors were diamond-shaped stained glass suncatcher ornaments with a sailboat at its center. The U.S. Navy Band, "Port and Starboard" from San Diego, performed from a white lattice-work gazebo, and provided a wide variety of entertaining musical selections for everyone's dancing pleasure.

As in the past, tickets were sold on a first come, first serve basis, and we were extremely pleased at the wonderful turn out and rapid ticket sales this year. Never before has there been such a tremendous response, and we wish much continued success to future Ball committees.

The 1982 Military Officers' Ball Committee wishes to thank the following people for their help and advice: The Naval Postgraduate School staff, especially the Office of Military Operations; Agnes Bomarito, Catering Manager,

Commissioned Officers and Faculty Club and her staff; Frank Samuel, Recreation Department and his staff; Graphic Arts; Public Works; and Public Affairs Departments. Thanks also to all of the volunteers who served on the decorations committee and those who participated in the opening ceremonies.

I add my personal thanks and a round of applause to the Military Officers' Ball Committee members: Kathy Bosse, Edy Walsh, Janet Therrien, Jill Northup, Tina Molloy, Cindy Birdwell, Cindy Pritchard, and Cindy Whittle, who have worked so hard these last six months. Finally, I thank my husband and children for their loving support. □

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Marine Officers' Wives Club

We would like to take this opportunity to welcome all Marine wives to the Monterey area and invite you to join our wives' club. We meet the third Wednesday of each month, alternating day/night functions. In November we are planning an evening event which will include dessert and a flower arranging demonstration. For further details or just an answer to a question you may have about the club . . . or even the area, call one of the following committee ladies:

CHAIRPERSONS:

Deb Carriger, 373-5598
Betsy Logan, 373-8986
Debbie Shumway, 646-0374

CALLING COMMITTEE:

Jan Helling, 375-2306

TREASURER:

Lydia McNeal, 646-8245

SPONSOR:

Susan Mullane, 646-1394

We mail out monthly newsletters through your husband's SMC box, so please look for these around the beginning of each month. We hope to meet you at our November get-together! □

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Navy Relief Thrift Shop



by Helen Becker
Thrift Shop Chairman

Your Navy Relief Thrift Shop is always in need of donations. All items are appreciated: clothing, furniture, books, shoes, toys, small appliances, uniforms, linens, and household items.

The Thrift Shop fulfills a double service to military members and dependents by providing items at a greatly reduced price and by generating funds which go directly into Navy Relief work.

Keep us in mind when you are in need of children's play clothes, camping clothes and replacement uniforms. If you have a costume party to go to, come in and browse. How about a slightly used book for 10¢ or 15¢? If your children are always "dressing up" in your clothes and shoes, come in and surprise them with their own special wardrobe. You may even find something special for yourself.

All donations are tax deductible! Items can be brought to the Thrift Shop during open hours or put in the donation box located next to the NPS Cleaners. For large items you can call 375-7178 to arrange a time convenient for you.

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Thank you for your support. □

An Open Letter of Thanks

From: Commander S. Vassiliou, H.N.
To: Naval Postgraduate School Officer
Student's Wives' Club Magazine

One of the most controversial moments in someone's life in terms of feelings is when he or she graduates from an educational establishment.

There is the satisfaction and the happiness for the termination of a great effort on one hand and the sorrow of separating from so many good friends who have been sharing common experiences on the other.

Being a foreign student at the Naval Postgraduate School makes me experience these feelings more strongly. Having accomplished what my government has sent me for, competing with a group of very intelligent U.S. and other foreign officers, makes me feel proud. Going away from a so friendly and emotionally warm group of people, which I may never see again, makes the moment very sad.

Many times I have been wondering why this climate of friendship exists in this school. I believe that I have found the answer in the fact that the mutual respect students build during the long hours of

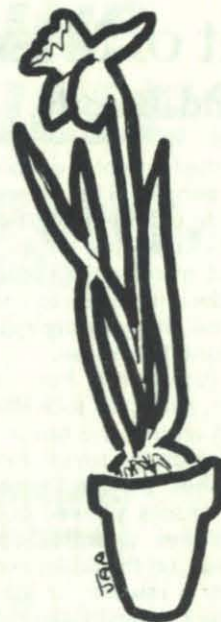
tedious work at both the labs and at home is the best foundation for friendship.

But it is not only this. It is also the understanding of the wives and our children, it is the professors and the secretaries who have helped us and contribute to our effort throughout this period. Finally, it is the curricular officers who sometimes act like friends and sometimes like fathers whenever we are ready to collapse, and it is the staff people who have to continuously remind us of things we forget due to our occupation.

Leaving this country I would like to thank all of you who have gone and the ones who are still here for all the friendships and warmth I felt in the NPGS environment, starting with Admiral and Mrs. Ekelund.

Being here with you has been the most strong and enjoyable experience I ever had.

Thank you all.



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La Mesa Ladies Bible Study

In Matthew 18:20 Jesus said, "For where two or three have gathered together in My name, there I am in their midst." Ladies, you are invited to come and experience the love and presence of God every Thursday morning in prayer, fellowship, and Bible Study. The studies meet in various homes in La Mesa from 9:30-11:15 a.m. Child care is available.

The La Mesa Ladies Bible Study is interdenominational and holds scripture as our final authority. Our purpose is that we might know Jesus Christ as our personal Lord and Savior and learn to apply God's word to our daily lives.

Each quarter the Bible Studies conclude with a brunch at which time new topics are announced. This is also an opportunity to sign-up for the study of your choice for the upcoming quarter. If you desire more information about the brunch or would like to sign-up for one of the Bible Studies, please call Judy Suldo at 372-6773.

□

CLASSMATE FEATURES

Out of Mischief

by Linda Booth

Since the focus of the month is "people helping people," I felt it very appropriate to include children. Most children help "Mommy" do some things.

Instead of reflecting only on my own ideas, I decided to talk to several mothers about how they got their children to do jobs around the house.

Judy Parlier has her five year old daughter, Jamie, do such things as gather the trash around the house on Thursday night, pick up the toys in her room when she finishes playing, (Judy limits the number of toys allowed out at one time which makes cleaning up much less frustrating), set the table, and clear off the table. For a reward for jobs well done, Jamie may choose to watch certain shows on television, go for a ride on the merry-go-round at Oscar Hossenfelder's, go shopping for some piece of clothing that she doesn't really need but would like to have, or she may choose to have a dessert after dinner (desserts are few and far between during regular mealtimes). Judy says this system works well for her.

Heather Nickodem has two children who help around the house just because it's fun. Tasha, who is over three years old has discovered the vacuum cleaner. She will vacuum the whole house and still not be tired of her "job." Tasha also likes to help fold the laundry (towels, washcloths, and handkerchiefs are easy for this age), matching socks by size and color. She helps in the kitchen by counting out the silverware and setting the table for dinner, then when the meal is over, clears her own dishes from the table. She loves to wash dishes but Heather manages to have only plastic ware in the sink when Tasha decides to wash.

Heather also has an eighteen month old who is very willing to throw paper in the



trash when asked to. He also likes to put clothes into the dryer. The big grin on his face lets you know he is enjoying what he is doing.

The best kind of reward children this age can receive is a word of praise and a little hug. Just knowing that "Mommy" is pleased with what they have done is worth a million to them.

Mary Ross has her own little system for keeping track of the children's jobs. Jessica, a fourth grader, and Jeremy, a kindergartener, each decide on their special letter or symbol. When each has completed his job he will put his special "mark" on the same calendar that "Mommy" and "Daddy" use. If extra jobs are done such as vacuuming, sweeping the sidewalk, and weeding the flowerbed, Mary puts a dot on the calendar. At the end of the week each child is paid according to the amount of work each has done.

Mary suggests that for younger children, you should pay them on a daily basis because immediate reinforcement is very important. A week to very young ones seems forever.

Here is another way to reward your children. Helen Becker's children, Kristen, a second grader, and Brian, a fourth grader, have certain jobs they are expected to do around the house such as set the

table, clear the table, take out the trash, make their beds and clean their rooms. They do not get paid an allowance, but from time to time they are taken out for a special treat. Sometimes they may even find a surprise such as a flower for Kristen, a matchbox car, a piece of candy, or a small toy next to their bed when they wake up in the morning.

Another friend (who asked me not to use her name) uses charts for her boys. The oldest one decided what jobs he wanted to do. Then he chose what days and times to do them. This system was set up in order to help him better organize his time.

The younger son also has a chart. Each job is written out along with an illustration, for instance, "brush teeth"—a picture of a toothbrush. At first he could not read the words but after several months has learned to read.

These children get a weekly allowance but it does not reflect whether or not the jobs are done.

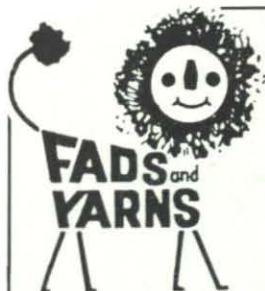
When it came time to join Cub Scouts and a uniform had to be purchased, a point chart was established. Certain jobs, other than the ones he normally did, had certain point values. As the jobs were done, points were added to the chart and eventually the Scout uniform was awarded. (What a joyous moment that must have been.)

At one time I used a chart with Chris and Jennifer. Each one had certain jobs to do on certain days (some days had lots of jobs). As the jobs were completed the child would pick out the color star he wanted and stick it on the right day. At the end of the week, each child was paid according to the number of stars. There had to be at least ten stars on the chart in order to get paid.

This system worked for us. Now the children do the jobs expected of them without a chart and without getting paid. However, some chores don't always get done willingly.

After talking with the mothers and seeing what has worked for us, I have come to the conclusion that no matter what system you use, if there is some kind of reward in the end you will get results.

A special thank you goes to those mothers who so willingly shared their bits of wisdom with me so I could share them with you. □



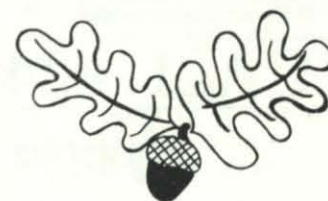
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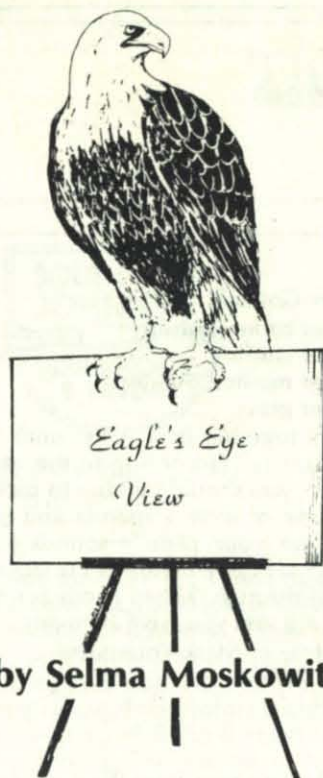
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These past months have seen some changes in the membership of the Eagle's Eye Gallery. We have had to bid adieu to Cathy Fisher, Joyce Anderson, Janis Miller and Faith Alexander. We wish them well and know that other military communities in different parts of the world will shortly be enjoying their artistic talent.

Carol Van Sickle, one of our newest members, has had her work on display since October 1st. She has harbored an inner urge to paint for many years. A native of Washington, D.C., Carol, her husband and two daughters now live in Salinas. She is basically self taught, having had private lessons for only six months, and works exclusively in oils. Her colors are rich and vibrant and exhibit her love of rural scenes.

Our current "Artist of the Month," Jeanne Ocker is a long term, well recognized member of the Gallery, with an extensive following scattered all over the world.

Jeanne is well traveled, but finds the Monterey Peninsula the most beautiful place she has known. She combines her love of nature, travel and people in her art. Her richly colored, highly detailed, water colors of the local area give joy and beauty to her friends and clients as they travel around the globe.

Jeanne is self taught, although she has taken advantage of some of the local workshops. She has worked with acrylics and oils, but once she discovered the challenging media of water color she had found her metier.

Vist our Gallery soon. We hope you will find it an enjoyable experience. □

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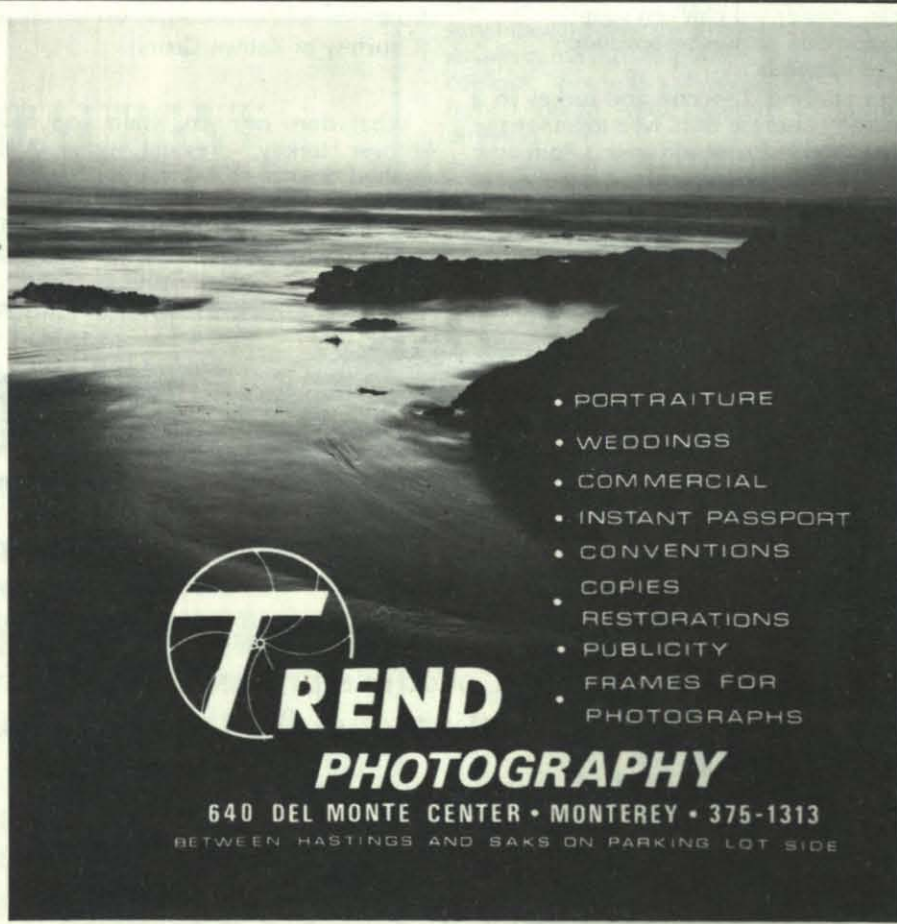
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BETWEEN HASTINGS AND SAKS ON PARKING LOT SIDE

NAVY BLEU

by Sue Youngren

November—Thanksgiving—Turkey Time!!! All three are the same. You mention one and the others come to mind. But what happens after Thanksgiving day? What happens when the kids threaten to revolt if they see another turkey sandwich in their lunch boxes and you still have half a turkey in the refrigerator because everyone “remembers” that they “NEVER” get tired of turkey. Here are some ideas for the rest of that bird!

Most men like this one, even those who hate broccoli.

Turkey Surprise

1 1/2-2 cups cooked turkey (or chicken) diced
1 box instant stuffing mix - any flavor
1 box frozen broccoli
1 can condensed chicken soup
1 can cream of mushroom soup
sliced almonds

Layer stuffing, broccoli and turkey in a greased casserole dish. Mix together the cans of soup (do not add water). Pour over the top. Sprinkle almonds on top. Bake at 350 degrees for 30-45 minutes - until heated through. Serves 4.
 (Courtesy of Jenny Inskeep)

We even have a recipe for the bones! Nothing goes to waste around La Mesa.

Turkey Soup

turkey carcass
1 celery stalk with leaves
1 whole onion
1 unpeeled carrot
salt, pepper, parsley, basil, thyme to taste
1/2 lb. sliced carrots
spinach
1/3 cup rice or noodles
diced turkey

Remove meat from bones. Break up carcass and place in large pot with enough water to cover. Add celery, onion, unpeeled carrot and spices. Simmer 2-3 hours. Cool. Separate bones, meat, broth. Discard bones. Dice meat and add extra turkey. Pour broth through strainer. Puree cooked vegetables. Mix with broth and diced turkey. Add sliced carrots, spinach, rice or noodles. Simmer one hour. Serve warm with french bread or homemade croutons, cheese and fresh fruit.

(Courtesy of Kathy Geary)

What does one do when you have leftover turkey, dressing, gravy AND mashed potatoes? Ask my husband!! (I make no comment on this dish—he LOVES it—so he gets to fix it, eat it AND clean up when he is done!!!)

Turkey Goulash

leftover turkey cut up
leftover stuffing
leftover mashed potatoes
leftover gravy

Mix all together in a skillet until “thick and gummy” (according to the resident expert “you should be able to pick up a big hunk of it on a spatula and plop it down on your plate”—sounds yummy doesn’t it!) Cook on top of the stove until heated through. Serve! Feeds as many as will eat it and you have leftovers.

(Courtesy of Mark Youngren)

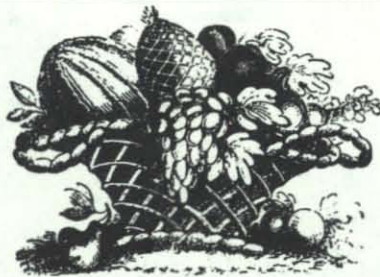
And to get away from the hum-drum —

Turkey Chow Mein

leftover turkey, pork or beef
leftover gravy
3 stalks celery
3 onions
3 T soy sauce
chow mein noodles

Cook leftover meat, free of fat. Cube these pieces into smaller pieces. Put medium cut celery and diced onion into pan. Saute in oil until limp. Add leftover gravy from meat. Add 3 T of soy sauce. Simmer 20 minutes and pour over chow mein noodles.

(Courtesy of Cindy Uetz)□



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The Peripatetic Palate

by Linda Connelly



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South Side Johnny's is a casual neighborhood tavern restaurant specializing in calamari (squid). John Segovia, the owner, originally opened a small tavern that served a couple of squid dishes on the side. The squid caught on. John expanded his tavern into a full-fledged restaurant about five years ago. He now serves eight squid specialties. Checkered tablecloths, brass lamps, nautical novelties, fresh flowers, and friendly service offer a warm, relaxed atmosphere. The bar with most of its stools occupied by friendly locals enjoying wine and beer gives authenticity to this local eatery.

Each entree includes a basket of warm french bread; a choice of soup, usually creamy New England Style Clam Chowder, or a crisp tossed green salad; baked potato or rice; and pasta. A curly cue pasta, rigatoni, is blended in a spicy tomato sauce to whet your appetite. Locally caught squid bought fresh from the docks daily is used in dinners ranging from Calamari, which is breaded and deep fried to Squid Johnny, baked in sweet and sour sauce smothered with mozzarella cheese.

The Squid Central, one of my all-time favorites, is served in a steaming casserole. Smothered with mushrooms and parmesan cheese, the tender squid filets are baked in garlic butter. Other squid dinners include Squid Mexicana, calamari breaded and baked in a bed of Ortega chiles, covered with cheese and salsa; Squid Siciliano, prepared in a light tomato and garlic butter sauce and sauted with fresh mushrooms; and Squid Tempura, deep fried in a light batter, served with a sweet-and-sour sauce.

If calamari is not your dish, Johnny's has New York Strip Steaks in 10 oz. and 16 oz.



sizes, Top Sirloin and Teryaki. Seafood items include Red Snapper, Prawns, Filet of Sole, Steamed Clams Bordelaisi, Cioppino (a fish stew similar in style to Bouillabaisse), and more. Veal Parmigiani and Chicken Maria, baked in sweet-and-sour sauce are a sampling of the Italian flavor.

South Side Johnny's dinner hours are Tuesday thru Sunday from 4:30 p.m. till about 10:00 p.m. depending on demand. If squid is your dish, South Side Johnny's is your place. A word of warning, the servings will defeat the hungriest of diners so overcome the temptation to partake of copious amounts of delicious warm french bread while waiting for your dinner. □

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WHERE IT'S HAPPENING

by Kris Yarborough



An annual happening on the Monterey Peninsula is the return of the Monarch Butterfly, occurring in late October and early November. Thousands of butterflies come from as far away as Alaska and British Columbia to spend the winter on their favorite trees in Pacific Grove, and will remain until mid-March.



- Nov. 1 **OSWC Governing Board**, 8:00 p.m., Tower Room, Herrmann Hall.
- Nov. 2 **Election Day**
- Nov. 6-8 **"You're a Good Man Charlie Brown,"** Hartnell College, Salinas.
- Nov. 9 **Oscar Winners Film Festival:** "The Oxbow Incident", Sunset Theater, Carmel. 8:00 p.m. Tickets \$2.00.
- Nov. 11 **Veteran's Day**
- Nov. 11-12 **Explorama:** "The People of Portugal", a travelogue at the Sunset Theater, Carmel. The film will be presented November 11, at 8:15 p.m. and November 12, at 2:30 p.m. and 8:15 p.m. For information, call 372-5893.
- Nov. 13 **Marching Band Festival**, Pacific Grove. High School bands march Pine Avenue during the day and at the Pacific Grove High School football stadium at night in this annual competition. Stadium admission is charged.
- Nov. 15 **Monterey County Symphony**, Sunset Theater, Carmel, featuring guest conductor Jim Stapen. For information, call 624-8511.
- Nov. 16 **NPS and La Mesa Tour of Homes and Luncheon.** Watch for details in the "Pink Flier".
- Nov. 20 **Christmas Crafts Bazaar**, Barbara McNitt Ballroom. 10:00-3:00 p.m. Watch for details in the "Pink Flier".
- Nov. 25 **Thanksgiving**

Nov. 29
Dec. 1-5

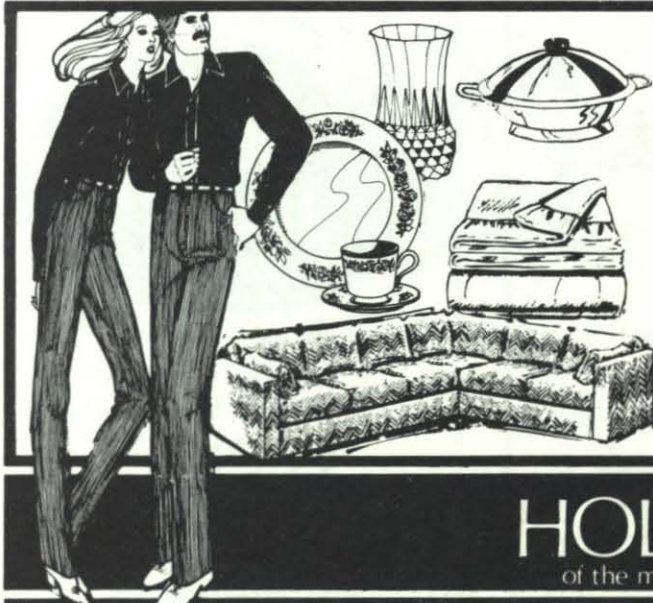
Dec. 2-5

Dec. 4
Dec. 4

Dec. 5-8


Dec. 6

- OSWC Executive Board meeting**
- California Women's Amateur Golf Tournament**, Pebble Beach.
- Festival of the Trees**, Monterey Peninsula Museum of Art, 559 Pacific St., Monterey. This year's theme, "Holiday Harmony," will feature custom-made trees, Santa Claus, a Christmas program, gourmet shop with Christmas cookies and delicacies, and a boutique. Admission is \$2.00 for adults, and 50¢ for children. Hours: Dec. 2-4, 10:00 a.m. to 9:00 p.m.; Dec. 5, 10:00 a.m. to 5:00 p.m.
- Bargain Fair**, La Mesa
- Christmas in Carmel**, Sunset Theater, Carmel. This local community activity will feature church choirs singing international carols with audience participation, baked pastries representative of various nations, and a community tree. Admission is free.
- California Wine Festival**, Monterey Conference Center. Organized by the Monterey Peninsula Hotel and Restaurant Association, this annual celebration includes wine tasting, speakers, cooking demonstrations with wine, and exhibits. A registration fee is charged. Information is available from the California Wine Festival.
- OSWC Governing Board**, 8:00 p.m., Tower Room, Herrmann Hall. □



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Chatter Box



by Charlotte Riley

Continuing from last month's CHATTER, here are a few more suggestions for the Fall.

This notion is timeless. If you have a little bookworm (or two) in your house, as I do, then you may need a bookworm bag or two. My children love to read in bed, but they are constantly getting up and down (one from a top bunk) to get their favorite books. And the books usually take up the most space in the bed! Saved by a bookworm bag . . . the children put their favorites for the night in their bag. No more up and down (at least for books) and no lumpy bed partners!

Another thought on neatness: No mother likes to nag her children; however, most of us hate seeing our children's clothing or toys dropped in the same spot we removed them from earlier, right?

Here's an approach: if your children are receiving a weekly allowance, appeal to their monetary sense to improve neatness. After they leave for school, and you have picked up all the items scattered about the house, put them in a box out of sight. The rule, explained to them beforehand, is that nothing would be returned for one month unless they paid the price for that item. There may be some captured articles of clothing that are hardly missed, but if it's the right baseball cleat, it becomes worth the charge for return!

Here's a terrific idea for keeping favorite aunts and grandmothers informed on your children's school progress: use your children's school papers for stationery. It's a good way to save paper; it can also stimulate your child's pride in his or her work and makes for an interesting letter. □

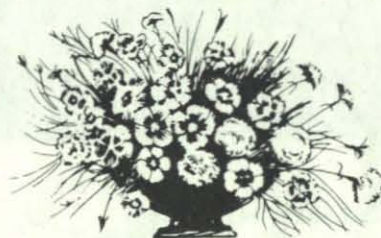
Champus Update

Courtesy of:

Champus Advisor
Silas B. Hays Army Hospital

CHAMPUS UPDATED FACT SHEETS

Newly revised (1981) CHAMPUS Fact Sheets on such subjects as "Skilled Nursing Care," "Eligibility," "Effect of Medicare on CHAMPUS," and "How CHAMPUS Bills are Paid" are available from the CHAMPUS Advisor listed previously.



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INTERNATIONAL MESSAGE



by Susan Sentman

With the month of November arriving, our thoughts in the U.S.A. invariably turn to the Thanksgiving holiday which was started by the early settlers to celebrate a year of survival, plentiful harvest, and peaceful co-existence. It has continued today as both a remembrance of that first Thanksgiving and to give thanks for what we have today. It is celebrated by all Americans regardless of race, religion, or creed.

At times Thanksgiving seems to have the elements of what could be called a celebration of the four "F's"—family, friends, food, and football. While I have always looked forward to sharing this holiday of traditional foods (after long hours in the kitchen!) with family and friends, I am not so sure that I have enjoyed sharing the day with football though this has become very much a facet of our American holiday.

There was a time, while following Larry's ship during a deployment, that even I missed the traditional football games and sense of home that contribute to the holiday. Celebrating Thanksgiving in Italy, and sharing dinner with the wardroom was nice, but was just not the same. It seemed anti-climatic to eat the traditional foods, share a moment of feeling, and then go on your way when the

dinner hour had past. This merely reconfirmed a discovery I had made during my single days when a friend and I went on a trip and ended up eating Thanksgiving dinner in a Howard Johnson's.

As much as I enjoy traveling in the U.S. and abroad I have found holidays, particularly national ones are warmest when celebrated in a home surrounded by family and friends. Being part of a military community made up of people from all areas of the world, most of us find we are not able to share many holidays with family but we can share with our friends here, pitching in to make a warm and family-like atmosphere.

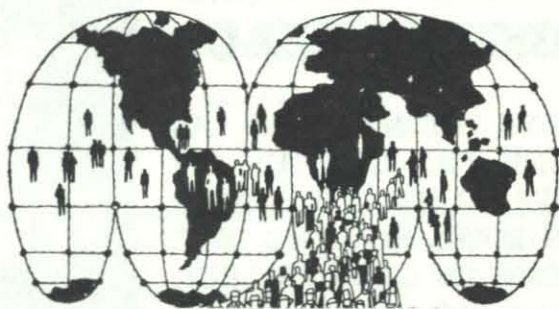
This American holiday is a perfect opportunity to share your country's heritage and culture as well as the warmth of your family with your International friends. It adds much to the Thanksgiving of old, bringing with it a much broader scope of friendly and peaceful co-existence in the world. You may even learn some new things along the way. I made one such discovery recently when a Canadian friend pointed out that they too celebrate what I had believed a holiday belonging only to the United States. Actually, it belongs to North America.

Thanksgiving should also serve as a reminder to us as American hosts that our International friends may be missing their country's special holidays and to perhaps become more aware of what and when these holidays are. And, perhaps as a reminder to our International community to share with your American friends some of your holidays and customs. Together we can all ease the occasional pangs of homesickness for family by being a new family of many peoples, cultures, and customs!

Anyone interested in joining our unique family of U.S. and International families call Susan Sentman (646-8354) or one of our sponsoring co-chairmen, Ann Boyer (373-6059) or Mary Ross (646-0841).

Happy Thanksgiving! □

INTERNATIONAL OFFICERS



RETURNING HOME?

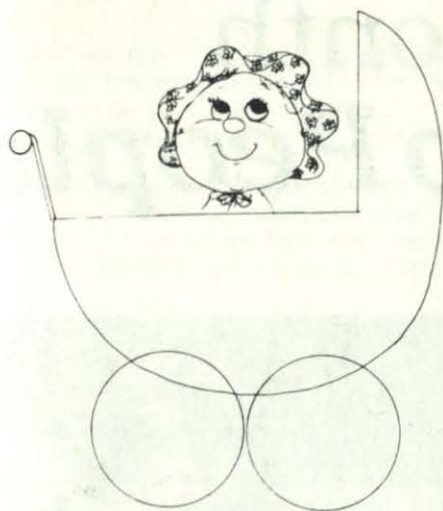
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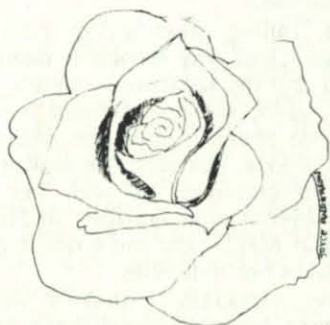
Did You Know?

An admiral is the senior ranking flag officer in the U.S. Navy, but his title comes from the name given the senior ranking officer in the Moorish army of many years ago. A Moorish chief was an "emir," and the chief of all chiefs was an "emir-al." Our English word is derived directly from the Moorish.



New Kids on the Block

- A girl, Lauren Kathleen, 7 lbs. 6 oz. on June 12, to Debbie and Stan Shumway.
 A girl, Jennifer Erin, 7 lbs. 4 oz. on July 1, to Lisa and Michael Frick.
 A boy, Andrew Curtis, 6 lbs. 2 oz. on August 9, to Kathy and Thomas Bosse.
 A boy, Matthew Peter, 6 lbs. 15 oz. on August 9, to Nancy and Mark Doernhofer.
 A girl, Christy Marie, 5 lbs. 11 oz. on August 30, to Celeste and Len Walsh.
 A girl, Jennifer Leigh, 7 lbs. 15 oz. on September 22, to Irene and Tim Warren.



If you know of anyone who has had a baby, had a death in the family or had a serious illness, please contact Sue Youngren at 649-4126. □

Classmate welcomes your comments and suggestions. Please send them to:

Classmate Editor

Naval Postgraduate School

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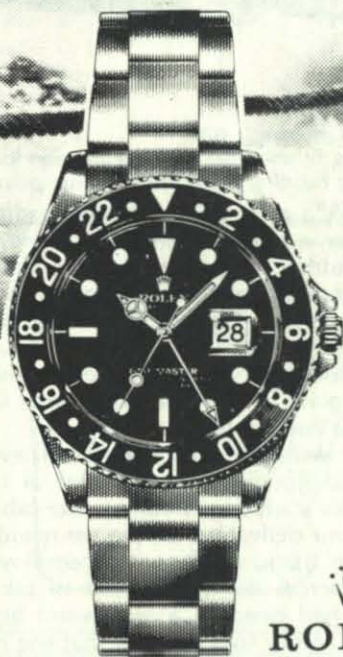
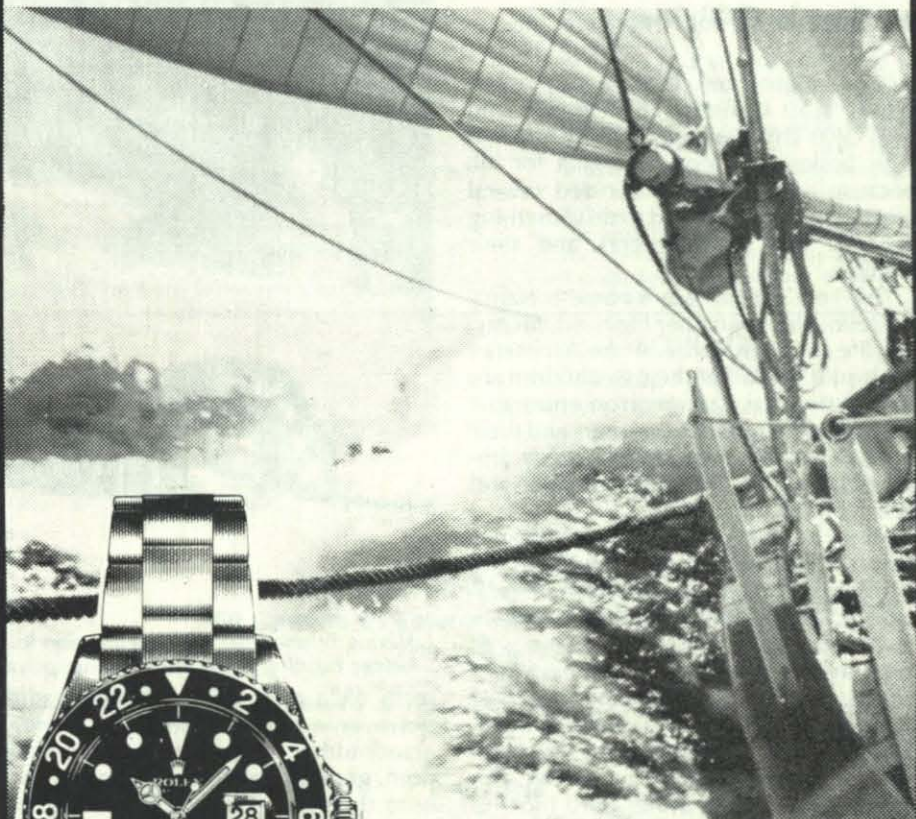
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We always welcome new staff members, too. If you are interested, contact one of the editors listed on page one. □

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Focus of the Month

People Who Help People

Farm Workers' Project

by Sarah O'Brien

"The mighty oak from a tiny acorn grows." Last Christmas, 660 families and over 2400 children celebrated Christmas with baskets of food and gifts for all, because one dear lady decided several years earlier that she had to do something to help the farm workers and their families.

This very special lady's name is Nancy Costello. Nancy and her husband, Jimmy, are life-long residents of the Monterey Peninsula. Now that their six children are grown, they have taken on an enormous "family," the local farm workers and their families, whose lives have greatly improved through the constant love and dedication of this couple.

Nancy is quick to point out that her efforts would be meaningless without the terrific support she receives from several local churches, community businesses and food stores. It is their donations of food, money, and clothing that have kept Nancy and her truck busy making daily deliveries directly to the families in need.

I spent one-half of a "typical" day with Nancy in preparation for writing this article. I met Nancy at her third pick-up point, St. Thomas Aquinas Chapel at NPS, at 9:30 in the morning. In complete awe, I watched as Nancy sorted through boxes of clothing in search of specific articles needed by the families she would be visiting that day. I made a quick note in my notebook that I had met a "walking computer bank." As the day wore on, I would be convinced that my first impression was correct.

Our next stop was at a local food store. As we walked into the back room, several people stopped their work long enough to greet Nancy and her "helper." The manager hurried over with not only a friendly greeting, but also a bag of bed linens. Nancy and I were thrilled. Little could he have known that the one greatly needed item we did not have aboard the truck was sheets! Once again the need had been filled.

Since I had been addressed as Nancy's "helper," I quickly grabbed a cart and began to load day-old bread and outdated dairy products (perfectly edible). I



Having finished her daily sorting and loading at the NPS chapel, Nancy secures her cargo before heading to her next pick-up point.— photo by Janet Machak

really did a great job sorting and loading, however, next came the lifting. Nancy, a grandmother of college-age grandchildren, grabbed the first crate and swung it onto the cart. I grabbed the second one and promptly fell into it with a groan. Nancy took one side and helped me slide it into place as she assured me that the strength comes with practice.

After we had securely loaded our newly acquired goodies into the bed of the truck, we started to climb into the cab to begin our deliveries. Before we made it into the truck, another store employee called across the parking lot to ask if Nancy had need of a nice warm bedspread. Nancy told me later that she has always found people to be very generous once they've been made aware of a need. My back was still protesting the unexpected early morning work-out, but the rest of me felt "just great!"

Our big stop of the day was in Pajaro, north of Watsonville. Here we parked the truck in the shade of an old house much in need of repair. The other houses in the "development" were in various states of disrepair. Smiling faces appeared at the open doors of several homes. Children came running through the unpaved

streets, calling greetings to Nancy in Spanish. Oops, my French is dead and buried and my Japanese is merely newborn. Again, Nancy reassured me. She spoke no Spanish when she began her labors of love, but once she realized the need to communicate with her new found friends, she enrolled in Spanish classes at MPC. Now she chats freely as she makes her deliveries.

I was especially impressed by the politeness Nancy showed these proud, though poor, women. They gratefully accepted the clothing and food they needed but quietly refused the items they couldn't use. Several times Nancy was given the name of a neighbor whose child was the correct size and who had need for the item of clothing. Even the food was shared with such compassion that I was deeply touched. One of the recipients on this day was a teenage girl whose English was excellent. She pointed out to me that it is important to remember that someone else may have a greater need than yours.

The time passed quickly and soon it was time to cover the back of the truck and bid our friends farewell until next week. Unnoticed by either Nancy or myself, one of the women had slipped into her house.

She emerged carrying a large basket of the freshest mushrooms I have ever seen or tasted. She was thanking us in the only way she could, and we were truly grateful.

The teenage girl reached out and touched my arm as I started to leave. She asked if I would be back next week. I knew immediately that I would...aching back and all.

Nancy usually makes several stops in a single day. My tagging along had cost her valuable time. Yet, Nancy didn't begrudge me the time, because as more people are made aware of the need, the greater the fulfillment of the need.

One of the most faithful groups to the project is the St. Thomas Aquinas Chapel family. Through the terrific organizational efforts of Mary Haltner, the co-ordinator of Community Services at the Chapel, donations of food, clothing, money, etc. have been continuous over the years. Nancy proudly boasts of the commitment of this on-going support from the Navy chapel families. The needs she finds in the farm workers' homes are continuous, so the support must be also.

The day I spoke with Mary, she had just returned from a shoe-buying trip. There is always a great need for good shoes, especially tennis shoes, for children and adults up to a size 8. Mary is a very devoted volunteer who joined ranks with Nancy after the two met at a garage sale. Both were shopping for underprivileged families. You will see these two incessant workers at each "Bargain Fair" ready to accept any items that don't sell.

The project is in need of many volunteers to help bring Christmas into the homes of 110+ families again this year. Each Christmas box is prepared personally to meet the needs of the family who will receive it. The enormity of the project is mind boggling. My "walking computer bank" of information, Nancy, provides Mary with all the pertinent information, including age and sex of the children in the home.

Anyone who would like to be a part of this special Christmas project may call Mary Haltner at 372-2723. "Wrapping Day" is scheduled for the 13th of December this year. On the 11th and 12th, new gifts are brought to the chapel services. They are marked with the age and sex of the child for whom they are intended, if pre-wrapped. Last year 1300 lbs. of rice and beans were packaged for distribution in the Christmas boxes. Volunteers are also needed to help deliver the Christmas boxes. If you have a truck or van and would like to be an important part of this project, please call Mary well in advance.

I asked Nancy what she needed most to aid her in her year-long work. Unfortunately, what she really needs is a "clone." Since that isn't possible, she greatly needs someone, Spanish-speaking preferably, who can make deliveries with her and get to know each family and their needs.

Nancy is the only regular driver and she is out making deliveries daily.

Hundreds of people in the community support this project which stretches north to Pajaro and south to King City, yet one lady is out there daily loading bags of clothing, crates of dairy products, and boxes of bread onto her truck and ministering directly to the people who so faithfully await the arrival of Nancy and her truck.

The "acorn" was planted eleven years ago when Nancy Costello told herself that she was going to do something to help the farm worker and his family. The mighty "oak", a project that made Christmas a reality for 660 families last year, is still growing—caring for the needs of still more families throughout the year. □

Items Needed Most by the Farm Workers

1. Shoes - especially tennis shoes - in good condition. Sizes Toddler through Adult 8 1/2.
2. Jeans - all sizes - in good condition for school wear.
3. Toys - new or like new - for Christmas.

4. Clothing - all sizes - new or like new - for Christmas.
5. Warm clothing for winter - mittens, sweaters, jackets, etc.
6. Work clothes for men. Work uniforms are great.
7. Casual clothing for women (small-medium).
8. Workbooks for children.
9. Books for children and teenagers.
10. Crayons, pencils & pens.
11. Riding toys for small children.
12. Bikes.
13. Someone to repair bikes to riding condition.
14. A tire for a 10-speed bike.
15. Irons - steam not necessary.
16. Toasters.
17. Simple tools - hammer, screw driver, pliers, etc.
18. Bedding - sheets, pillows and cases, blankets & spreads.
19. Pads for the plastic baby carriers. We have some foam if anyone can donate time and/or materials to make them.
20. Six "wrappers" to help wrap donated items for Christmas. "Wrappers" work Tuesday and Wednesday mornings, beginning at 9:30 a.m., at St. Dunstan's Episcopal Church, Robinson Canyon Rd., Carmel Valley. If you can help, please call Sarah O'Brien at 373-7625. "Wrappers" for "Wrap-Day" at St. Thomas Aquinas Chapel Dec. 13, please call Mary Haltner at 372-2723.



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Who Helps Who?

by Nancy Doernhoefer

When my good friend Janet Machak mentioned that the theme for this issue of **CLASSMATE** was "People Helping People," I breathed a sigh of relief. After all, anyone who works for Navy Relief helps people. All I had to do was tell someone's story or even steal one from a back issue.

My two-month-old son kept me from getting my hands on back issues to plagiarize, as well as from interviewing any of the many fine Navy Relief volunteers, so I am left with writing about how I help people.

I am a Navy Relief Interviewer. I remember my training course in Charles-

ton, S.C., just over two years ago. It ran for one week, from nine 'til noon. Besides eating a whole lot of delicious donuts and generally having a good social time, I actually learned how to compute my husband's pay and taxes. And funny thing, we were losing out on some money that we could be earning interest on, rather than the IRS. I have used that find ever since as a justification every time I want to buy something that we really can't afford. I sure helped a lot of people that time, ME!

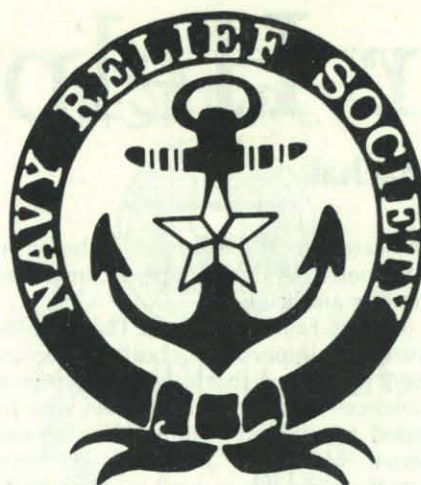
I was a rather timid trainee. To be blunt, they had to shove me into my first solo

interview and slam the door so I didn't bolt. I was amazed to realize that the 18 year old kids on the other side of the desk were even more scared than I was, in addition to the fact that they had not received a pay check for almost a month. They were in awe of someone who could not only deal with Cleveland's computer and cut some very red tape but could arrange an allotment payback for the check they were about to walk out with. What they did for my ego was a wonderful help, once again to me. It is still something that happens each time I can help, even if all I do is listen.

I love giving out layettes. Talking with a new father is one of this world's great uplifting experiences. It also gave me the experience to realize that when my own husband, Mark, indicated he might not make it into the delivery room for our baby's birth, there was no reason to panic. When the time came he did just great, as did every "layette dad" I ever interviewed!

I was new to Monterey and awfully lonely when I stuck my head into Navy Relief here in Herrmann Hall. Once again I was the one helped by friendly faces, common interests and lots of necessary work to be done. I plan to do the same thing when we arrive in Newport this winter but with one big difference, they will be picking up the tab for child care!!!

Now I ask you, Who Helps Who? □



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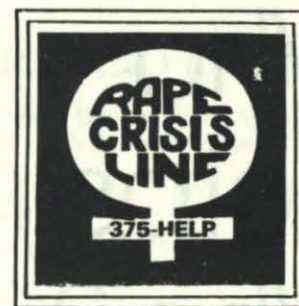
by Janet Machak

(Information in this article is taken from brochures available at the Monterey Peninsula Rape Crisis Center. I wish to thank them for permission to use this material.)

I started to title this article, "Women Helping Women," then realized that is not the whole story of the very dedicated professionals and volunteers who comprise this agency. "The Rape Crisis Center is a volunteer, non-profit organization

dedicated to the concept of being an informed friends for rape victims, their families and friends."


Victims. Families. Friends. Those are key words. It is important for both women and men to realize that rape is a crime of violence—not sex—and women who are raped are indeed victims. Also, because sexual assault is an attack on one's emotional health as well as one's body, the "wounds" may not heal for weeks, months, or even years. Thus, loving,



patient understanding needs to be given on a long-term basis.

Further, the Rape Crisis Center recognizes that the person who was attacked is not the only victim in a rape. Husbands, boyfriends, children, parents, other family members, and friends often have dramatic reactions to the crime. They too need to know that their thoughts, feelings, and actions are "normal," and they may need help in coping with the situation.

These are the needs which the Rape Crisis Center's 24-hour phone line tries to serve. But the Center offers other services as well. It is particularly interested in community education and crime prevention. Several brochures are available from the Center which offer very practical advice on what to do in the event of an attack, and also some very good safety tips which may help to prevent an attack. Some of these safety tips are listed here, but I recommend contacting the Rape Crisis Center, via their non-emergency number (373-3955), for more information and to learn about all their services. □



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SAFETY TIPS AT HOME

- Require all strangers to show identification. If you have not called for a repairman, do not let one in. Call his place of business, verify his reason for being in your area and then consider allowing him to enter.
- Do not let a stranger into your home to use the telephone; make the call for him/her. Women can be accomplices also.
- Never give out unnecessary information; DO NOT admit that you are home alone.
- Leave outside lights on at night and keep lights on in more than one room, especially if you are going out.
- If you receive an obscene phone call, hang up immediately. If calls persist, use your whistle or shriek alarm on the abusive caller. Report it to the police and file a complaint with the telephone company.

SAFETY TIPS WHILE DRIVING

NEVER PICK UP HITCHHIKERS!

- Keep doors locked at all times. Always have your keys in your hand before leaving the building. Before entering your car, check the back seat.
- Make certain you have at least 1/4 of a tank of gas and keep your car in good working condition.
- If possible, travel on well-lit, busy streets and avoid isolated back roads and short cuts.
- If you are being followed, drive to the nearest open business for help or drive to the police or fire station. **PLAN AHEAD** . . . know where to go for help.
- Women driving alone should not stop to aid a stranger. Proceed to an open business, call the police and report the situation.
- If you have car trouble, raise the hood, turn on the emergency lights, lock your door and stay in the vehicle. When someone offers assistance, roll the window down just enough to ask them to stop at the nearest phone and call the police for you. Do not accept a ride from a stranger.

SAFETY WHILE WALKING

AVOID WALKING ALONE.

- If a driver stops to ask you directions, avoid close proximity with the stranger's vehicle.
- If you are being followed, turn and look. He will know that you are aware and will not be taken by surprise. If your follower is in a car, change direction. The driver will have to turn around to follow you. **MEMORIZE THE LICENSE PLATE NUMBER.** Go to the nearest place where people gather. Cross the street, change your pace. Attract attention. Do NOT worry about making a scene.
- When you return home, have your door key ready so you can enter without delay.
- **ABOVE ALL, be aware of the people around you and your surroundings. Walk briskly and confidently. Remain alert and in control.**



- Tell your child to be wary of persons they have just met at a club, school or social gathering and to get to know them before accepting invitations.
- Make sure teenager babysitters do not accept jobs with people you do not know.
- Instruct babysitters to call the police immediately if anything suspicious occurs while they are working. They should NEVER open the door to strangers.

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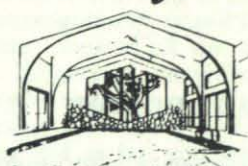
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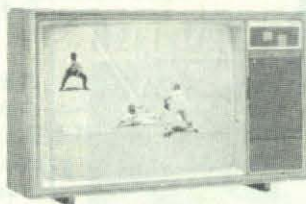
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Who Is That 31 Year Old Boy Scout?

by Mark Youngren

There are a variety of youth programs—church youth groups, Boy's Clubs, 4H, Girl Scouts, etc.—all of which contribute to the upbringing of youth, but I will write about the program I am familiar with—the Boy Scouts.

The Scouting program in America is over 70 years old. During this period millions of boys, and some girls, have done a little growing up with a Cub Scout pack, a Boy Scout troop, or an Explorer Post.

Those of you with young boys are probably familiar with the Cub Scouts, which is for boys 8-10 years old. The program centers on the home, with parents supervising many activities. Adults work with small groups of boys in "dens," which meet once a week, and the dens meet once a month in "packs," which need adult supervision as well.

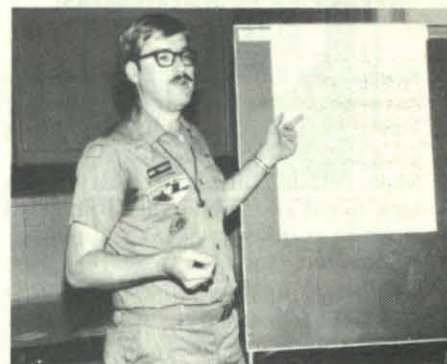
Boy Scouting is open to boys 11-17 years old and emphasizes camping and the outdoors. The boys lead themselves in many activities, but adults are needed to

supervise and provide many types of support.

The organization called Exploring is open to both young men and women of high-school age. Explorers are organized in "posts" which are affiliated with some organization, for example a sheriff's department or a hospital, and they learn many of the tasks done by professionals in that field of interest.

None of these groups within Boy Scouting would succeed without the adult. Although the program has long been associated with only men, almost all positions are now open to women and many women capably fill posts throughout the Monterey Bay area. Adults can work directly with boys in a leadership position, they can teach and guide boys in learning skills through the Merit Badge program, or they can work with other adults in providing the administrative and program support that the packs, troops, and posts need.

Why are adults in Scouting? Some are



Mark Youngren, seen here conducting a Boy Scout leaders' training session, enjoys being "that 31-year-old Boy Scout."—Classmate file photo

there because they have boys in the program, others because of what Scouting gave to them when they were young. All are there, however, because of the satisfaction that helping a boy can bring. It has been said that after we die, no one will remember the house we lived in, the car we drove, or the other things we acquired in our life, but if we have contributed something to the life of a boy, we leave something behind that is lasting. □



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Bein' Neighborly

by Jaime Novosad

A neighbor, by definition, is someone dwelling near another. There is a lot of dwelling "near" around here. Neighborliness, on the other hand, is being friendly and we don't always have neighbors who want to be friendly. Neighbors can be your best friends and family when you are miles from home and relatives. They are also the people you turn to when your son falls and needs stitches and your husband can't be reached. Your neighbor can also be your yellow pages, so to speak, when you first arrive in a new place. They can fill you in on the local scene, the people, and where to spend your money.

I have had many neighbors; this is our sixth move in seven years. Some of them are now my closest friends. They were very difficult to leave, however, we now have someone to visit whether we go east, west, north, or south. This makes trips across country a lot of fun. Sometimes we even get stationed with them again. We ran into a couple here that we parted company with about three years ago which was a very pleasant surprise.

My neighbors, almost everywhere, have been very helpful. I have had neighbors supply a meal for us on the day we moved into a new house. That was a great help since I didn't have to look for

pots and pans, let alone food, and "fast food" was becoming uneatable by this stage of the moving-in game. Another plus to this kindness was I now had someone to visit when I returned the dishes. I could find out about schools, shopping, all kinds of things while I was visiting and they could find out about us.

If any of you have lived overseas, you may have heard of stairwell living. Your neighbors can make it or break it for you. You share walls, washers and dryers, and yards. Well, we were in a three floor, two stairwell building with six apartments per stairwell. I had eleven pairs of neighbors plus children. They, the Housing Directorate, decided to rip out the bathrooms (one per apartment) while we were all still living in these apartments. So at half a stairwell at a time, three weeks for the job,

six weeks for both sides, we became very neighborly. There is nothing like sharing a bathroom with another family to really get to know them.

I have babysat, run errands, cooked meals, hidden presents, and given information about the local area, all in the name of neighborliness and friendship. I have also received all the above from others. In general, neighbors are just people with the same needs as you: most have sometime experienced the feeling of being just as lost and lonely as you when you first arrived, and would dearly like to make friends. Hold out your hand and you may be surprised how quickly it is grasped. I hope I can pass along or return the friendship and neighborliness I have received. It makes all the moving around worthwhile. □



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VOLUNTEERS IN ACTION

by Janet Machak



Perhaps you've just arrived in Monterey and are anxious to become involved in the community. Perhaps you have taken a few months to see the area and get "settled in," and are now itching for something interesting to help fill your time. What do you do?

Call Volunteers In Action!

This non-profit agency was incorporated in February, 1971, for the primary purpose of recruiting and placing volunteers with other non-profit agencies on the Monterey Peninsula. Their services are free to both the volunteer and the organization requesting help.

What they do, and how they do it, is quite simple. When a volunteer calls, an interview appointment is made. At the interview, the volunteer will discuss with a counselor the type of skills and experiences he or she can offer and the sort of work in which he or she is interested. The

counselor will then match the volunteer with an agency in need of those talents.

The beauty of this system is twofold. First, the counselor can help the prospective volunteer identify "hidden" interests and skills—those elusive abilities we all figure other people have, but are sometimes surprised to discover in ourselves. Second, if a volunteer discovers, after a few days or weeks on the job, that it does not fulfill his or her needs, or takes too much time, or whatever, that volunteer can return to Volunteers In Action and find a more suitable position.

Other services offered by Volunteers In Action include: an extensive translation and interpretation program, currently in 38 languages with roughly 140 volunteers; transportation of frail, elderly and handicapped individuals; occupational, physical and speech therapy for physically handicapped adults; a court referral program; and a library resource center.

For information on these and other services, contact:

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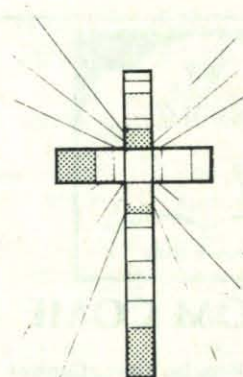
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Why Do I?

by Sue Youngren

Why do I volunteer? Why do I "give up" my free time? Why do I leave my family to help others? Why?

The first reason is because I like it. I enjoy what I do when I am volunteering. That is one nice thing about volunteering—I can do what I enjoy, within reason of course. If I find that I hate the job I have, I can request changing to something else or find another position. Of course there are times when I do tasks I do not particularly enjoy, but in the long run I am not stuck in a rut.

The second reason is that I am continually learning. I work in an area in which I am interested and can therefore keep up with advances in my field. I learn as I complete each job.

The third reason is it needs to be done. The jobs that are manned by volunteers would simply never be done without a volunteer. It is possible that the final product would still exist without the volunteers, but in some cases even this is not true. For example, blood donations would go on without volunteers to work at the blood drives, but there might not be as many drives or as much blood collected—so there would be blood—but the quantity might be greatly affected.

The fourth reason is that I receive satisfaction for doing my job. My mind is being used. I am being treated as an individual—not as Mark's wife or Katie's mother. I make my own way and I am judged on MY merits. I may only receive an occasional "Atta Girl" but they make the long hours easier and give me a warm glow.

Why do I? Because I want to! Because it must be done! Because it should be done! So I do!

Why don't you? □

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Hospice—A Caring Place

by Sandy Goodson

The first thing I noticed when I entered the Hospice Resource Center at 154 Webster Street, Monterey, was the atmosphere of caring. The Resource Center is there for anyone who needs a sympathetic ear. You do not need to be suffering from a life-threatening illness or have a close friend or family member in that situation; anyone in need of someone to talk to is welcome. I felt very much at ease talking with the two women volunteers I interviewed when researching this article.

You might ask, "What is a hospice?" It originally was a shelter for travelers. The current hospice program seeks to help relieve the emotional and physical pain of people with life-threatening illnesses and their families. It has been observed that every member of the family is affected when one member has a life-threatening illness and that family members who are involved in the care of the patient are less prone to guilt after the person dies.

One of the concepts which is especially appealing in the hospice program is that the **quality** of the patient's life is far more important than the quantity. It is important for the patient to be at home among

loved ones for the maximum time possible rather than shut up in a nursing home or traditional hospital.

The Hospice of the Monterey Peninsula has several different branches. There is an inpatient facility in Carmel Valley where patients may go when necessary—for example, either to adjust their medications or perhaps as a stop between hospital and home while the family learns more about how to help care for the patient. There is a team of nurses who visit in the homes regularly and as often as necessary to see that all is running smoothly. The final branch is the Hospice Resource Center in Monterey. It has many books about dealing with life-threatening illnesses. The Resource Center coordinates all the volunteer activities as well as conducting Support Groups.

You might ask, "Why Hospice?" Hospice offers personal care at a very hard time in a family's life. It is also a very cost-effective alternative to hospital or nursing

home care because the family cares for the patient and Patient Care Volunteers are available anytime to help at no charge.

The Hospice of the Monterey Peninsula can always use caring volunteers to help in its program. Hospice Patient Care Volunteers help provide non-clinical support anytime for the patients and their families. Hospice also needs people to drive patients on a regular basis (as little as once a week) to the hospital for chemotherapy. Some of these patients must go five days a week for six weeks for chemotherapy. It is nice for them to be able to have a familiar face to see when they are on their way to and from the hospital. Volunteers are also needed in the Resource Center to answer phones and lend a sympathetic ear to people who come into the Center. There is a training program to help volunteers learn more about how the Hospice works. For more information, call the Hospice Resource Center, 649-1772.

There are many support groups available not only for those that have cancer or another life-threatening illness, but also for parents who have lost children, women who have had miscarriages or stillbirths, and families who have lost people they love. I strongly encourage anyone who needs someone to talk with to visit the Hospice Resource Center and talk with the warm and caring people there. □

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Beginning New Friendships

by Evie Hickman

Although we had put our name on a list to sponsor an International family some weeks before, we found ourselves nervous and excited when we got a call to host a Korean student and his wife.

Our first job as a host family was to meet our Internationals at the Monterey airport. The scene was a happy one—new international students arriving who were tired but probably very glad to be on the last leg of their journey and host families carrying some small token of Americana—a basket of fruit or some cookies or candy for the children. The conversation came surprisingly easily, since it was about concrete concerns such as housing, furniture, etc.

The International Committee had prepared us well with lists of resources for furniture and apartment rentals. We also received a Culture-Gram, which is an explanation of the customs of the international family's country.

Fortunately, our international family already had an apartment rented nearby and quickly bought a car. As soon as they were settled, we found we really enjoyed showing them the United States. Being new in California ourselves, we explored the area together. Local events like the Monterey County Fair, Castroville's Artichoke Festival, Marine World Africa USA, and even the famous OSWC Bargain Fair are fun to attend together. We also enjoy discovering new bargain stores in the area, and the library has become a regular weekly get-together for us.



The friendship shared by Randy, Evi, and Jamey Hickman with Major & Mrs. Koo is one of the many sparked by the NPS International Committee's Sponsor Program.—photo by Janet Machak

We always find ourselves in interesting discussions on different lifestyles. The similarities are pleasantly surprising and the differences intriguing. However, the

product of the sponsor program is much more than an interchange of cultural information—we cherish the warm friendship that has developed. □

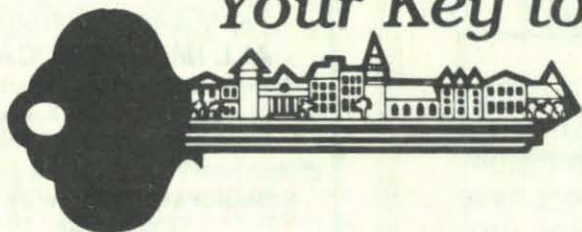
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A Day in the Life of THIS Red Cross Volunteer

by Sue Youngren

The alarm clock rings early—too early, but no laying in bed is allowed. I must be up and on my way. No decisions are needed on what to wear—a Red Cross uniform, hose and white shoes. I am not a nurse so I do not wear white hose, but the white shoes are mandatory, a rule for which I am thankful after a long day on my feet. A watch and a plain pair of pierced earrings are all that one can add. I realize this sounds restrictive, but for health purposes and for uniformity it is necessary and enforced.

I pack a lunch, feed my daughter breakfast and dress her without stopping or pausing. I put her in the car, add my husband and his car pool and we are off—it is 7:45 in the morning. I drop off the men at class and then leave my daughter at the Child Care Center. In the beginning, she was not thrilled to be left—but now, at the ripe old age of 18 months, she is an old hand and seems to enjoy "school." She and Daddy go to school and Mom goes to work.

I then drive to Silas B. Hays Army Community Hospital at Ft. Ord, California. I first check in at the third floor Red Cross office and sign in for the day. This is necessary for record keeping purposes



Reviewing charts and keeping up-to-date on medical literature are just two of the important tasks required in Sue Youngren's volunteer position.—Classmate file photo

and for finding me in case of an emergency.

I work with the Infection Control Nurse, Major William Wilson, a U.S. Army nurse. The purpose of Infection Control, in short, is to ensure that when you come in the hospital you don't get any sicker, that you are treated effectively, and that no one gets sicker because you were there.

I begin my day with a brief chat and

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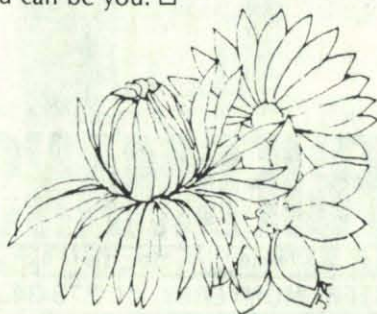
then I collect my surveillance sheets. I do a weekly survey on all of the IV's and foley catheters in the hospital. I go from ward to ward and check on the patients who have these, making sure that the care is being given properly and recorded accurately. I chat with the patients and staff as I make my rounds. After my surveillance is finished, I return to the office and chart the results to check on improvements since the program began. Then I may do some reading on Infection Control or work on updating procedures that are used in the wards and clinics. I eat my lunch while I work—I don't have the time or the desire to take a break.

It took time to prove my credibility to the staff. At first, their reaction was "Oh you are just a volunteer, what do you know?" but now my competence is recognized and the staff expects me to keep them and Major Wilson apprised of any possible problems. In fact, when Major Wilson is on leave or on temporary duty somewhere else, I am in charge of the office. I make rounds in all areas of the hospital looking for potential problems with patients or their treatment. I am treated as a professional because I act professionally.

Around 3:00, I clean up my desk and get ready to leave for the day. I return to the third floor office to sign out and pick up a nursery voucher so I can "get my child out of hock." Red Cross pays for my babysitting, which helps considerably when you figure the cost to volunteer 14-20 hours a week and pay for babysitting. I turn in my voucher at the Child Care Center and put Katie in her car seat. We then drive over and wait for the men to finish with classes so we can all head home.

The day is not over yet, there is a child who needs my attention, dinner to be made, and possibly a meeting to attend that night. Please don't think I am asking for applause; I do this because I want to; my life is busy because that is how I like it.

I just wanted you to be aware there was much more to Red Cross work than wearing a uniform. True, I have my degree in Microbiology and Public Health, but I was trained in Infection Control by the U.S. Army while I was working as a **VOLUNTEER** at a hospital in Arizona. The Army paid to send me to a school to be trained. There is more to Red Cross work than selling doughnuts in train stations—you can learn, you can teach, you can be you. □



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Being Thankful from A to Z

by Elaine Powell



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Fresh flowers
Gentle rains
Home sweet Home
Indian Summer
Juicy steaks
Kind words
Long Good-byes
Moments of bliss
Newborn babies
Old friends
Pleasure beyond measure
Quiet walks on the beach
Rays of early morning sunshine
Sweet nothings
Things made from love
Unicorn horns
Very deep shades of blue
Warm Decembers
Xanthous sunlight
Yesterdays
Zebra stripes



ELITE

by Poesina

Our back yard is dry without a swimming pool,
We have a no car garage,
A one arm fan keeps us cool,
Home is heaven's mirage.

The living room is the den and family room,
The twelve year old cuckoo clock quits talking now
and then,

I have some cleaning utensils and a sweeping broom,
He makes me feel like a Ten.

On a four shelf unit stands a mail order knick knack,
I have enough clothes to wear and some mad money,
A gentle touch fills the grocery sack,
A morning kiss makes the whole day sunny.

The small walk outside is our porch,
The old, jalopy car is fit for a queen,
I carry a flaming torch,
I'm young as a teen.

A fireplace I may have wanted, but never had,
A larger storage shed for the junk and lawn mower,
I wish I had a romantic, island setting to tell him
I'm so glad,

We have the riches of the work for we've got each other.

There's no boat to go sailing,
We're missing a library of books to read,
I care about my Darling,
He's all I need.

Our modest home is spacious enough,
The cupboards are filled with plenty to eat,
I'm in love,
That makes me Elite.

□

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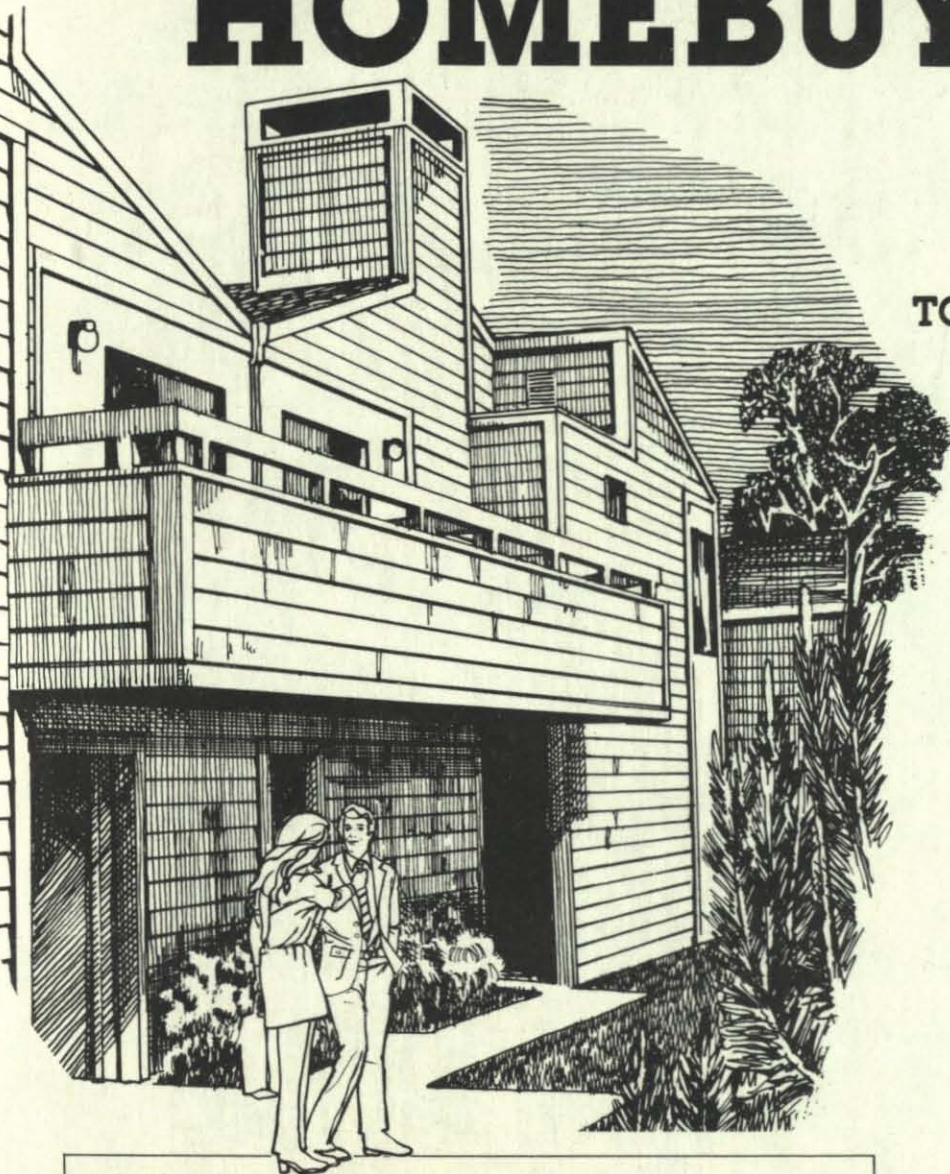


FRIEDMANS

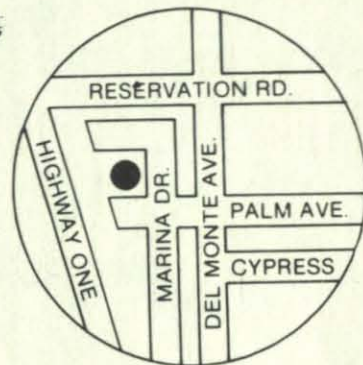
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